



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09325, Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids**

**Report Date: June 30, 2017 06:32 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 257g
<b>Proximates</b>					
Water	g	76.78	26	0.322	197.32
Energy	kcal	86	--	--	221
Energy	kJ	360	--	--	925
Protein	g	0.41	26	0.005	1.05
Total lipid (fat)	g	0.10	26	0.000	0.26
Ash	g	0.35	26	0.010	0.90
Carbohydrate, by difference	g	22.36	--	--	57.47
Fiber, total dietary	g	1.3	--	--	3.3
<b>Minerals</b>					
Calcium, Ca	mg	13	26	0.585	33
Iron, Fe	mg	0.52	25	0.021	1.34
Magnesium, Mg	mg	13	26	0.195	33
Phosphorus, P	mg	7	26	0.149	18
Potassium, K	mg	131	26	2.850	337
Sodium, Na	mg	2	26	0.111	5
Zinc, Zn	mg	0.11	26	0.003	0.28
Copper, Cu	mg	0.080	26	0.004	0.206
Selenium, Se	µg	0.5	--	--	1.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	17.5	26	0.478	45.0
Thiamin	mg	0.054	26	0.002	0.139

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 257g
Riboflavin	mg	0.045	26	0.002	0.116
Niacin	mg	0.562	26	0.023	1.444
Vitamin B-6	mg	0.120	--	--	0.308
Folate, total	µg	9	--	--	23
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	23
Folate, DFE	µg	9	--	--	23
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	6	40	0.511	15
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	127	40	10.220	326
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.019	--	--	0.049
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.002	--	--	0.005
16:0	g	0.014	--	--	0.036
18:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.018	--	--	0.046
16:1 undifferentiated	g	0.004	--	--	0.010
18:1 undifferentiated	g	0.013	--	--	0.033
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.032	--	--	0.082
18:2 undifferentiated	g	0.018	--	--	0.046
18:3 undifferentiated	g	0.014	--	--	0.036
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 257g
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0